



**Press Release within Marine Corps communications only:** Coaching for personal success - New MarineAdvisor personal coaching program launched for Marines and Sailors

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Quantico, VA

Announcing the recent launch of MarineAdvisor, a new personal coaching program to help Marines and Sailors who have deployed achieve personal goals. The new program, originally developed for those who had completed greater than four deployments or reported a health risk after deployment, is now open to all active duty Marines and Sailors, serving with Marines, who have *deployed at least once*. Professional MarineAdvisor coaches are available to work individually with Marines and Sailors to achieve goals that improve total fitness in areas like personal wellness, money management, work/family/life balance or career development. These personal coaching services are non-stigmatizing as they are private, provided by telephone, email and texting, which an earlier pilot program showed Marines preferred.

MarineAdvisor coaching is a new tool for personal growth and self-improvement. Coaches help Marines and Sailors set goals, create action plans and stay accountable for progress. Coaching can improve success with goals such as adopting healthier habits, savings and debt management, overcoming career challenges, adapting to changes, and improving communication and relationship skills. Coaches, although licensed professionals, do not provide community, family, financial or mental health counseling. Instead, they guide a Marine or Sailor, like a personal trainer, through a process of successful change to meet their personal goals. The process focuses on taking action and achieving desired results. If a Marine or Sailor is in counseling or has health challenges, a coach can help with achieving goals related to treatment or health management.

MarineAdvisor coaching can also be a resource for Marine leaders at all levels. Coaching is an important communication skill to help bring out the best in Marines--personally and professionally. MarineAdvisor coaches can work with Marines to sharpen their coaching skills and apply them on the job. By experiencing coaching, a Marine or Sailor can learn ways to help others achieve goals and incorporate coaching into their leadership skill set.

MarineAdvisor works with existing Marine Corps programs that support readiness and resilience. MarineAdvisor coaches help Marines and Sailors achieve goals recommended by other programs and leaders. Coaches also put Marines and Sailors in touch with relevant services and programs within the Marine Corps and the DoD that can help them meet their individual needs and goals.

MarineAdvisor coaches are trained in Marine Corps culture and serve the Marine Corps, exclusively. They are available during extended hours to meet the schedules of Marines, without disrupting work or family time. These services are confidential and non-medical, so they are not included in service members' medical or personnel records.

Access MarineAdvisor services by calling 855-763-7542, Monday through Saturday, 0800 to 2400 EST (excluding Federal holidays) or by visiting <https://www.mymarineadvisor.com>.